

# AILEY EXTENSION

## AILEY EXTENSION DANCES INTO 2020 WITH SPECIAL WORKSHOPS TO HELP NEW YORKERS REACH THEIR NEW YEAR'S RESOLUTIONS

Learn from the Legendary Judith Jamison at Celebrating Alvin Ailey Workshop on January 11

Move to the Beat of the Drums at a West African Celebration with Maguette Camara & Friends on January 12

Spend More Time with Family at West African Family Day on January 25

Take up a New Hobby with Spring Performance Workshop from January 19-March 15



Horton Class at Ailey Extension. Photo by Kyle Froman; Judith Jamison. Photo by Andrew Eccles; West African Dance Class at Ailey Extension. Photo by Christian Miles. [CLICK ON PHOTO FOR HIGH-RES DOWNLOAD](#)

**(New York) January 8, 2019** – This January, [Ailey Extension](#) is helping New Yorkers dance into 2020 and reach their New Year's resolutions with workshops designed to help people get moving as they tap into new skills and experiment with different approaches to dance. Students of all experience levels are welcome to learn about and explore Ailey's genius as a choreographer during a **Celebrating Alvin Ailey** workshop with Artistic Director Emerita Judith Jamison; practice confidence at an **Absolute Beginner Heels** workshop with celebrity dancer Jessica Castro; learn the fundamentals and flavor of **Salsa** from two-time world salsa champion Bruno Alexander Rodriguez; experience the richness and diversity of West African dance and drum in a day of classes at the **West African Celebration** with recognized choreographer Maguette Camara & Friends; or make dance a fun family affair at the **West African Family Day** workshop with The Ailey School instructor Imani Faye. Whether New Yorkers are looking to try new experiences, spend more time with family, take on new hobbies, or simply get moving more often, Ailey Extension has a workshop to help take steps towards their 2020 goals.

Dancers looking for a longer commitment that will help them improve their skills over time can sign up for Ailey Extension's 8-week **Spring Performance Workshop**. This rewarding experience allows students of all experience levels to learn to use the body as an instrument of movement as they grow into a more confident dancer as they rehearse original choreography and prepare to take the stage at Ailey Citigroup Theater. Throughout January students can also take part in recurring workshops **Afro Flow Yoga** with Gina Onayiga and **Move Your Curves** with Pretty BIG Movement.

New Yorkers who would like to save money in 2020 can take advantage of Ailey Extension's limited time offer and purchase a 5-class card at the discounted rate of \$89. Available through Sunday, January 12, this special rate helps returning students save money on weekly classes at a price that pays homage to what would have been Alvin Ailey's 89<sup>th</sup> birthday on January 5.

Each new workshop presents an opportunity for novice and professional students alike to explore new dance styles, refine their technique, and connect with others in the NYC dance community while being taught by the city's top instructors at **The Joan Weill Center for Dance** – home of the world-renowned Alvin Ailey American Dance Theater, Ailey II, and The Ailey School. For further information about workshops at Ailey Extension, and to register visit [www.aileyextension.com](http://www.aileyextension.com).

## SPECIAL WORKSHOPS

### SPRING PERFORMANCE WORKSHOPS

During this 8-week workshop, students will receive individual attention while learning original choreography that includes coordination, teamwork, and dramatic freedom of expression. In a nurturing and safe environment, participants will have the opportunity to grow into a more confident dancer while enhancing performance quality. Each workshop includes 16 hours of rehearsals, tech rehearsal, and culminates with two performances at the Ailey Citigroup Theater on Saturday, March 14 at 7pm and Sunday, March 15 at 3pm.

- **Afro'Dance with Angel Kaba**  
Mondays 7:30pm-9:30pm from January 27- March 9 & Sunday March 8 (6:30pm-8:30pm)
- **Ballet with Yuka Kawazu**  
Mondays & Wednesdays 9pm-10pm from January 27 – March 11
- **Dance Theater with Matthew Johnson Harris**  
Mondays 7:30pm-9:30pm from January 27 – March 9 & Thursday, March 12 (8pm-10pm)
- **Hip-Hop with Antonio Jefferson**  
Tuesdays 7:45pm-9:45pm from January 21 – March 10
- **Hip-Hop with Robin Dunn**  
Thursdays 7:30pm-9:30pm from January 23 – March 12
- **Horton with Karen Arceneaux**  
Tuesdays 7:30pm-9:30pm from January 21 – March 10
- **Horton with Terry Wright**  
Sundays 2:30pm-4:30pm from January 19 – March 8
- **Limón with Becky Brown**  
Saturdays 4:30pm-6:30pm from January 25 – March 7 & Friday, March 13 (7pm-9pm)

### ABSOLUTE BEGINNER HEELS WITH JESSICA CASTRO

Discover the secrets of feeling more confident, powerful, and sassy in your heels! Absolute Beginner Heels will focus on helping you understand how to find your center in a heel, along with classic lines, walks and learning choreography. Led by celebrity dancer Jessica Castro, this class begins with a thorough warm up to emphasize proper alignment, improve balance, and core strength before learning moves and grooves across the floor. **Wednesday, January 8 from 7pm-8:30pm.**

### CELEBRATING ALVIN AILEY WITH JUDITH JAMISON

As one of the most influential dance figures of the late 20<sup>th</sup> century, Judith Jamison opened doors to many young aspiring dancers from all over the world. On **Saturday, January 11 from 4pm-5:30pm**, Artistic Director Emerita Judith Jamison will lead a workshop allowing dancers an opportunity to infuse her unique style with a clear focus on musicality while exploring Mr. Ailey's genius as a choreographer. Students will discover ways to expand their artistic range and learn "how to give equal value to every step you take".

### WEST AFRICAN CELEBRATION WITH MAGUETTE CAMARA AND FRIENDS

Experience the richness and diversity of West African dance and drum through this day of classes! Join Maguette Camara and friends on **Sunday, January 12 from 1pm-7pm** for a day of dancing, drumming and celebrating. The West African Celebration will feature an energetic union of music, dance, and oral tradition, creating a warm atmosphere of community and fun.

### [SALSA WITH BRUNO ALEXANDER RODRIGUEZ](#)

Start the new year by learning the roots of Puerto Rican salsa! Two-time world salsa champion Bruno Alexander Rodriguez will guide you through the fundamentals and progression of shines and partner work while showcasing the flavor and body movement characteristics of the Puerto Rican style. **Saturday, January 18 from 3pm-5pm.**

## RECURRING WORKSHOPS

### AFRO FLOW YOGA

Find your center during an **Afro Flow Yoga** workshop which infuses electrifying dance movements of the African Diaspora flowing with a meditative yoga sequence of gentle yet powerful stretches. You will deeply connect with the soulful rhythms of live drumming, energize your chakras, gain strength and flexibility, and rejoice in the bliss of feeling grounded and peaceful. Afro Flow workshops take place on **Sundays, January 12, January 26, February 9, February 23, and March 8 from 2:30pm – 4pm.**

### MOVE YOUR CURVES

Surround yourself with fellow confident plus size women who share your passion for dance in the **Move Your Curves** workshop. Ailey Extension is partnering with Pretty BIG Movement to present monthly workshops specializing in hip-hop, jazz, ethnic and other dance styles in a judgment-free environment. Move Your Curves workshops take place on **Saturdays, January 18, February 15, March 21 and April 18 from 7pm – 9pm.**

### WEST AFRICAN FAMILY DAY WITH IMANI FAYE (Adults and children ages 10+)

Bring children as young as 10 years old to join you in a **West African Family Day** workshop focusing on traditional West African dances within a context of music and oral tradition. In this family-friendly class you will build strength, improve stamina and gain confidence as you learn dances which celebrate the many facets of life in West Africa such as rites of passage, festive and ceremonial occasion. Musical accompaniment by the Djembe Orchestra. **Saturdays, January 25, February 22, and March 21 from 5pm – 6:30pm.**

In addition to these exciting new workshops and classes, Ailey Extension offers more than 100 weekly classes in over 25 different dance and fitness techniques, including Ballet, Jazz, Dunham, Zumba, West African, Salsa, Pilates, Masala Bhangra, and many more. For the complete class schedule or to register, visit [www.aileyextension.com](http://www.aileyextension.com).

**All Ailey Extension classes and workshops take place at The Joan Weill Center for Dance  
(405 West 55<sup>th</sup> Street, New York, NY 10019)**

### ELECTRONIC PRESS KIT

#### About Ailey Extension

Since its inception in 2005, Ailey Extension has fulfilled Mr. Ailey's life-long commitment of bringing dance to everyone by offering "real classes for real people." Ailey Extension offers over 25 different dance and fitness techniques such as Horton, Ballet, Masala Bhangra, West African, Samba, Jazz, Zumba, House and Hip-Hop. Over 135,000 people have taken classes at Ailey's home, New York's largest building dedicated to dance, where dancers of all levels and walks of life can learn and be inspired – body, mind, and spirit! For additional press materials, including photos, videos, and class descriptions, visit [pressroom.alvinailey.org](http://pressroom.alvinailey.org).